

Elizabeth Power, M.Ed.

Fulbright Specialist in Trauma-Informed Care · Founder, The Trauma Informed Academy®

Long Bio · ~275 words · paste-ready

Elizabeth Power, M.Ed., is a Fulbright Specialist in Trauma-Informed Care, founder and Executive Director of The Trauma Informed Academy® (the-tia.org), and one of the few voices in the field who brings forty years of lived practice — not just theory — into every room she enters.

Her TR-EQ® (Trauma-Responsive Emotional Intelligence) framework integrates Goleman's emotional intelligence model with Ginsberg's resilience research into nine named domains. It is used in healthcare systems, behavioral health agencies, faith communities, corporate teams, and school districts across the country and internationally — including work in Japan, Zambia, and Hawaii.

Elizabeth held a ten-year appointment as Adjunct Instructor in Psychiatry at Georgetown University Medical Center and has been part of teams that received funding from NIMH and SAMHSA, including a five-year King County SAMHSA grant. Her proof story includes a sub-15% recidivism rate in a Hawaii opioid treatment program and a 28-point math score improvement in Zambia — outcomes that reflect the breadth of her framework's application.

She is a three-time international award winner in Health and Wellness Education, a Fluxx Global Pioneer and Innovation Award recipient, and co-author of *The Little Book of Shenpa*. Her forthcoming book, *Quiet Cracking*, anchors the overarching brand arc she brings to every keynote: From *Quiet Cracking* to *Unbreakably Alive*.

Elizabeth has been heard on NBC, NPR, Marketplace Morning Report, the Montel Williams Show, and over 150 podcasts. She speaks nationally and internationally and customizes every keynote to the audience, sector, and event context.

She doesn't just speak about trauma, change, and resilience. She is the proof of it.